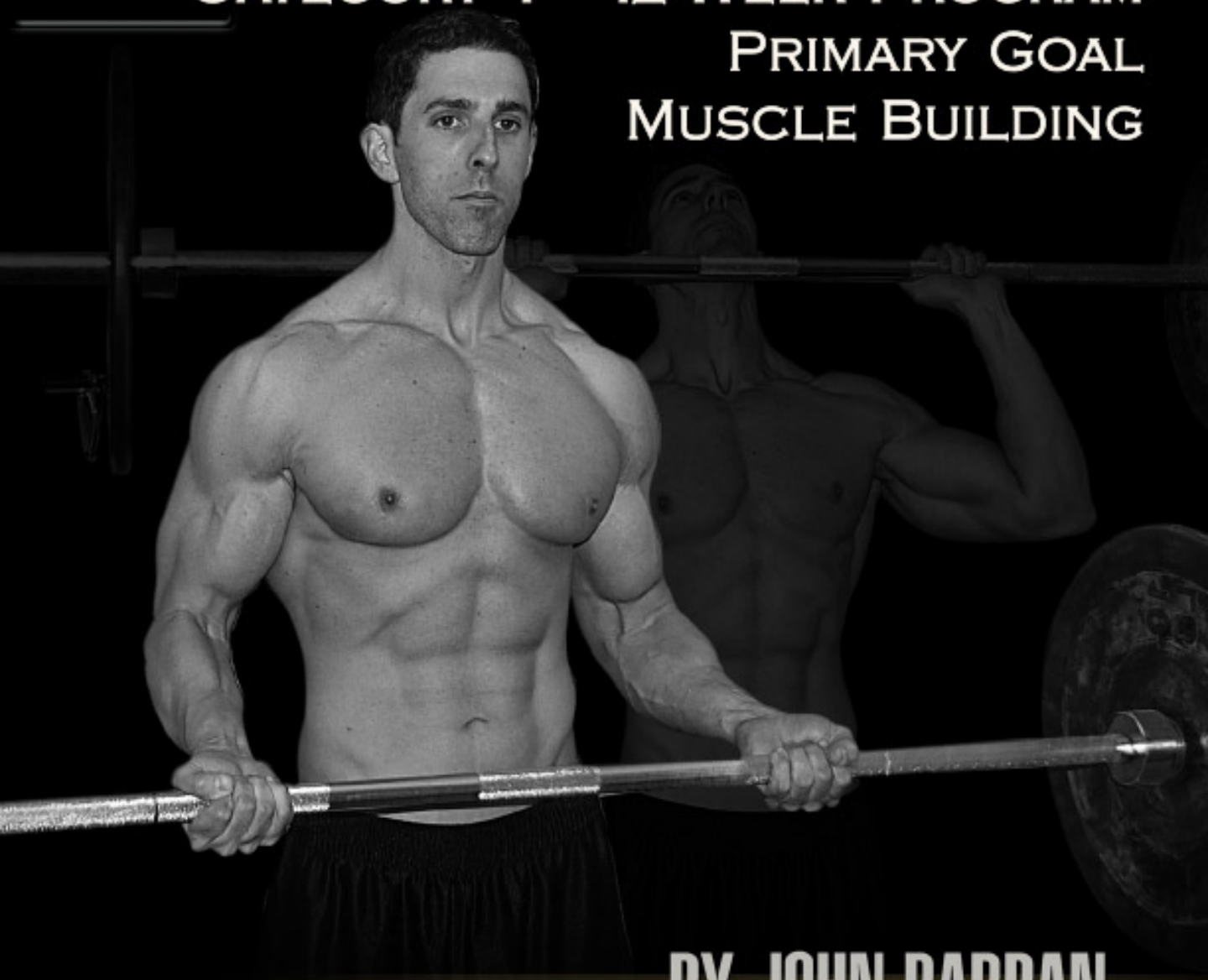


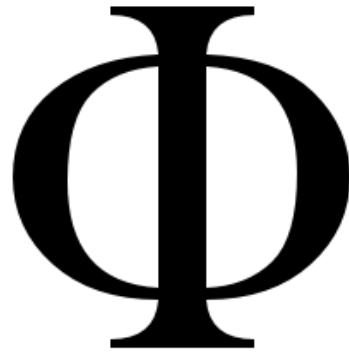
Adonis Golden Ratio Training Program

CATEGORY 1 - 12-WEEK PROGRAM

PRIMARY GOAL
MUSCLE BUILDING



BY JOHN BARBAN



Category 1

Primary Goal – Muscle Gain

12 Week Periodized Program For:

**Maximum Muscle Mass
Strength
Power**

By John Barban
Copyright Strength Works
International Publishing Inc
2013

Week 1

Week 1 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Bench Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Week 1 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Chin Ups</u>	4	12	90	
<u>One Arm Dumbbell Row</u>	4	12	90	
<u>Standing Lateral Raise</u>	4	12	90	
<u>Front Raise plate</u>	4	12	90	
<u>Standing Alternate Dumbbell Curl</u>	4	8	120	
<u>Incline Dumbbell Curls</u>	4	8	120	
<u>Incline Tricep Extension</u>	4	8	120	
<u>Tate Press</u>	4	8	120	

Week 1

Week 1 Day 3

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	8	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	5	180	

Week 1 Day 4

Exercise	Sets	Reps	Rest (secs)	Notes
<u>High Pull</u>	4	12	90	
<u>Bent Lateral Raise</u>	4	12	90	
<u>Wide Grip Pulldown</u>	4	12	90	
<u>Low Pulley Row Wide Grip</u>	4	12	90	
<u>Overhead Tricep Extension</u>	4	8	120	
<u>Lying Tricep Extension</u>	4	8	120	
<u>Barbell Curls</u>	4	8	120	
<u>Hammer Curls</u>	4	8	120	

Week 1



Week 1 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Incline Bench Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Week 1 Final Notes_____

Week 2

Week 2 Day 1

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Bench Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Week 2 Day 2

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Chin Ups</u>	4	12	90	
<u>One Arm Dumbbell Row</u>	4	12	90	
<u>Standing Lateral Raise</u>	4	12	90	
<u>Front Raise plate</u>	4	12	90	
<u>Standing Alternate Dumbbell Curl</u>	4	8	120	
<u>Incline Dumbbell Curls</u>	4	8	120	
<u>Incline Tricep Extension</u>	4	8	120	
<u>Tate Press</u>	4	8	120	

Week 2

Week 2 Day 3

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	8	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	5	180	

Week 2 Day 4

Exercise	Sets	Reps	Rest (secs)	Notes
<u>High Pull</u>	4	12	90	
<u>Bent Lateral Raise</u>	4	12	90	
<u>Wide Grip Pulldown</u>	4	12	90	
<u>Low Pulley Row Wide Grip</u>	4	12	90	
<u>Overhead Tricep Extension</u>	4	8	120	
<u>Lying Tricep Extension</u>	4	8	120	
<u>Barbell Curls</u>	4	8	120	
<u>Hammer Curls</u>	4	8	120	

Week 2

Week 2 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Incline Bench Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Week 2 Final Notes_____

Week 3



Week 3 Day 1

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Bench Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Week 3 Day 2

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Chin Ups</u>	4	12	90	
<u>One Arm Dumbbell Row</u>	4	12	90	
<u>Standing Lateral Raise</u>	4	12	90	
<u>Front Raise plate</u>	4	12	90	
<u>Standing Alternate Dumbbell Curl</u>	4	8	120	
<u>Incline Dumbbell Curls</u>	4	8	120	
<u>Incline Tricep Extension</u>	4	8	120	
<u>Tate Press</u>	4	8	120	

Week 3

Week 3 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	8	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	5	180	

Week 3 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>High Pull</u>	4	12	90	
<u>Bent Lateral Raise</u>	4	12	90	
<u>Wide Grip Pulldown</u>	4	12	90	
<u>Low Pulley Row Wide Grip</u>	4	12	90	
<u>Overhead Tricep Extension</u>	4	8	120	
<u>Lying Tricep Extension</u>	4	8	120	
<u>Barbell Curls</u>	4	8	120	
<u>Hammer Curls</u>	4	8	120	

Week 3



Week 3 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Incline Bench Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Week 3 Final Notes_____

Week 4

Week 4 Day 1

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Bench Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Week 4 Day 2

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Chin Ups</u>	4	12	90	
<u>One Arm Dumbbell Row</u>	4	12	90	
<u>Standing Lateral Raise</u>	4	12	90	
<u>Front Raise plate</u>	4	12	90	
<u>Standing Alternate Dumbbell Curl</u>	4	8	120	
<u>Incline Dumbbell Curls</u>	4	8	120	
<u>Incline Tricep Extension</u>	4	8	120	
<u>Tate Press</u>	4	8	120	

Week 4

Week 4 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	8	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	5	180	

Week 4 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>High Pull</u>	4	12	90	
<u>Bent Lateral Raise</u>	4	12	90	
<u>Wide Grip Pulldown</u>	4	12	90	
<u>Low Pulley Row Wide Grip</u>	4	12	90	
<u>Overhead Tricep Extension</u>	4	8	120	
<u>Lying Tricep Extension</u>	4	8	120	
<u>Barbell Curls</u>	4	8	120	
<u>Hammer Curls</u>	4	8	120	

Week 4

Week 4 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Incline Bench Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	

Week 4 Final Notes_____

Week 5

Week 5 Day 1

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
<u>Bench Press</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 5 Day 2

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Reverse Grip Pulldown</u>	4	10	90	
<u>Low Pulley Row Wide Grip</u>	4	10	90	
<u>Seated Lateral Raises</u>	4	10	90	
<u>Bent Lateral Raise</u>	4	10	90	
<u>Seated Dumbbell Curls</u>	4	10	90	
<u>Concentration Curls</u>	4	10	90	
<u>Tricep Rope Pushdowns</u>	4	10	90	
<u>Lying Tricep Extension</u>	4	10	90	

Week 5

Week 5 Day 3				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	10	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	5	180	

Week 5 Day 4				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Dumbbell Upright Row</u>	4	10	90	
<u>One Arm Lateral Raises</u>	4	10	90	
<u>One Arm Dumbbell Row</u>	4	10	90	
<u>Chin Ups</u>	4	10	90	
<u>Tate Press</u>	4	10	90	
<u>Dips</u>	4	10	90	
<u>Cable Curls</u>	4	10	90	
<u>Reverse Curls</u>	4	10	90	

Week 5

Week 5 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
<u>Incline Bench Press</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 5 Final Notes_____

Week 6

Week 6 Day 1

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
<u>Bench Press</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 6 Day 2

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Reverse Grip Pulldown</u>	4	10	90	
<u>Low Pulley Row Wide Grip</u>	4	10	90	
<u>Seated Lateral Raises</u>	4	10	90	
<u>Bent Lateral Raise</u>	4	10	90	
<u>Seated Dumbbell Curls</u>	4	10	90	
<u>Concentration Curls</u>	4	10	90	
<u>Tricep Rope Pushdowns</u>	4	10	90	
<u>Lying Tricep Extension</u>	4	10	90	

Week 6

Week 6 Day 3

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	10	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	5	180	

Week 6 Day 4

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Dumbbell Upright Row</u>	4	10	90	
<u>One Arm Lateral Raises</u>	4	10	90	
<u>One Arm Dumbbell Row</u>	4	10	90	
<u>Chin Ups</u>	4	10	90	
<u>Tate Press</u>	4	10	90	
<u>Dips</u>	4	10	90	
<u>Cable Curls</u>	4	10	90	
<u>Reverse Curls</u>	4	10	90	

Week 6



Week 6 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
<u>Incline Bench Press</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 6 Final Notes_____

Week 7

Week 7 Day 1

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
<u>Bench Press</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 7 Day 2

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Reverse Grip Pulldown</u>	4	10	90	
<u>Low Pulley Row Wide Grip</u>	4	10	90	
<u>Seated Lateral Raises</u>	4	10	90	
<u>Bent Lateral Raise</u>	4	10	90	
<u>Seated Dumbbell Curls</u>	4	10	90	
<u>Concentration Curls</u>	4	10	90	
<u>Tricep Rope Pushdowns</u>	4	10	90	
<u>Lying Tricep Extension</u>	4	10	90	

Week 7

Week 7 Day 3

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	10	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	5	180	

Week 7 Day 4

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Dumbbell Upright Row</u>	4	10	90	
<u>One Arm Lateral Raises</u>	4	10	90	
<u>One Arm Dumbbell Row</u>	4	10	90	
<u>Chin Ups</u>	4	10	90	
<u>Tate Press</u>	4	10	90	
<u>Dips</u>	4	10	90	
<u>Cable Curls</u>	4	10	90	
<u>Reverse Curls</u>	4	10	90	

Week 7

Week 7 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
<u>Incline Bench Press</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 7 Final Notes_____

Week 8

Week 8 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
<u>Bench Press</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 8 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Reverse Grip Pulldown</u>	4	10	90	
<u>Low Pulley Row Wide Grip</u>	4	10	90	
<u>Seated Lateral Raises</u>	4	10	90	
<u>Bent Lateral Raise</u>	4	10	90	
<u>Seated Dumbbell Curls</u>	4	10	90	
<u>Concentration Curls</u>	4	10	90	
<u>Triceps Rope Pushdowns</u>	4	10	90	
<u>Lying Tricep Extension</u>	4	10	90	

Week 8

Week 8 Day 3

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	10	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	5	180	

Week 8 Day 4

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Dumbbell Upright Row</u>	4	10	90	
<u>One Arm Lateral Raises</u>	4	10	90	
<u>One Arm Dumbbell Row</u>	4	10	90	
<u>Chin Ups</u>	4	10	90	
<u>Tate Press</u>	4	10	90	
<u>Dips</u>	4	10	90	
<u>Cable Curls</u>	4	10	90	
<u>Reverse Curls</u>	4	10	90	

Week 8

Week 8 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	
<u>Incline Bench Press</u>	1	15	60	
	2	10	90	
	1	8	120	
	5	5	180	

Week 8 Final Notes_____

Week 9

Week 9 Day 1

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
<u>Bench Press</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 9 Day 2

Exercise	Sets	Reps	Rest (secs)	Notes
<u>One Arm Dumbbell Row</u>	4	8	120	
<u>Chin Ups</u>	4	8	120	
<u>Bent Lateral Raise</u>	4	12	90	
<u>Front Raise plate</u>	4	12	90	
<u>Barbell Curls</u>	4	12	90	
<u>Standing Dumbbell Curls</u>	4	12	90	
<u>Lying Tricep Extension</u>	4	12	90	
<u>Tricep Rope Pushdowns</u>	4	12	90	

Week 9

Week 9 Day 3

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	12	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	3	180	

Week 9 Day 4

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Dumbbell Upright Row</u>	4	10	90	
<u>One Arm Lateral Raises</u>	4	10	90	
<u>Wide Grip Pull down</u>	4	8	120	
<u>Low Pulley Row Wide Grip</u>	4	8	120	
<u>Tate Press</u>	4	12	90	
<u>Lying Tricep Extension</u>	4	12	90	
<u>Hammer Curls</u>	4	12	90	
<u>Incline Dumbbell Curls</u>	4	12	90	

Week 9

Week 9 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
<u>Incline Bench Press</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 9 Final Notes_____

Week 10

Week 10 Day 1

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
<u>Bench Press</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 10 Day 2

Exercise	Sets	Reps	Rest (secs)	Notes
<u>One Arm Dumbbell Row</u>	4	8	120	
<u>Chin Ups</u>	4	8	120	
<u>Bent Lateral Raise</u>	4	10	90	
<u>Front Raise plate</u>	4	10	90	
<u>Barbell Curls</u>	4	12	90	
<u>Standing Dumbbell Curls</u>	4	12	90	
<u>Lying Tricep Extension</u>	4	12	90	
<u>Tricep Rope Pushdowns</u>	4	12	90	

Week 10

Week 10 Day 3

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	12	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	3	180	

Week 10 Day 4

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Dumbbell Upright Row</u>	4	10	90	
<u>One Arm Lateral Raises</u>	4	10	90	
<u>Wide Grip Pulldown</u>	4	8	120	
<u>Low Pulley Row Wide Grip</u>	4	8	120	
<u>Tate Press</u>	4	12	90	
<u>Lying Tricep Extension</u>	4	12	90	
<u>Hammer Curls</u>	4	12	90	
<u>Incline Dumbbell Curls</u>	4	12	90	

Week 10

Week 10 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
<u>Incline Bench Press</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 10 Final Notes_____

Week 11

Week 11 Day 1

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
<u>Bench Press</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 11 Day 2

Exercise	Sets	Reps	Rest (secs)	Notes
<u>One Arm Dumbbell Row</u>	4	8	120	
<u>Chin Ups</u>	4	8	120	
<u>Bent Lateral Raise</u>	4	12	90	
<u>Front Raise plate</u>	4	12	90	
<u>Barbell Curls</u>	4	12	90	
<u>Standing Dumbbell Curls</u>	4	12	90	
<u>Lying Tricep Extension</u>	4	12	90	
<u>Tricep Rope Pushdowns</u>	4	12	90	

Week 11

Week 11 Day 3

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	12	120	
<u>Stiff Leg Deadlift</u>	2	8	90	
	2	6	90	
	5	3	180	

Week 11 Day 4

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Dumbbell Upright Row</u>	4	10	90	
<u>One Arm Lateral Raises</u>	4	10	90	
<u>Wide Grip Pulldown</u>	4	8	120	
<u>Low Pulley Row Wide Grip</u>	4	8	120	
<u>Tate Press</u>	4	12	90	
<u>Lying Tricep Extension</u>	4	12	90	
<u>Hammer Curls</u>	4	12	90	
<u>Incline Dumbbell Curls</u>	4	12	90	

Week 11

Week 11 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
<u>Incline Bench Press</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 11 Final Notes_____

Week 12

Week 12 Day 1				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
<u>Bench Press</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 12 Day 2				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>One Arm Dumbbell Row</u>	4	12	90	
<u>Chin Ups</u>	4	12	90	
<u>Bent Lateral Raise</u>	4	12	90	
<u>Front Raise plate</u>	4	12	90	
<u>Barbell Curls</u>	4	12	90	
<u>Standing Dumbbell Curls</u>	4	12	90	
<u>Lying Tricep Extension</u>	4	12	90	
<u>Tricep Rope Pushdowns</u>	4	12	90	

Week 12

Week 12 Day 3

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Military Press</u>	1	15	60	
	2	12	90	
	1	10	120	
	5	7	180	
<u>Flat Dumbbell Press</u>	4	12	120	
<u>Stiff Leg Dead lift</u>	2	8	90	
	2	6	90	
	5	3	180	

Week 12 Day 4

Exercise	Sets	Reps	Rest (secs)	Notes
<u>Dumbbell Upright Row</u>	4	10	90	
<u>One Arm Lateral Raises</u>	4	10	90	
<u>Wide Grip Pulldown</u>	4	8	120	
<u>Low Pulley Row Wide Grip</u>	4	8	120	
<u>Tate Press</u>	4	12	90	
<u>Lying Tricep Extension</u>	4	12	90	
<u>Hammer Curls</u>	4	12	90	
<u>Incline Dumbbell Curls</u>	4	12	90	

Week 12

Week 12 Day 5				
Exercise	Sets	Reps	Rest (secs)	Notes
<u>Squats</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	
<u>Incline Bench Press</u>	1	12	60	
	2	8	90	
	1	6	120	
	5	3	180	

Week 12 Final Notes_____
